

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1-47. (Canceled)

48. (Previously Presented) A method of extracting glucosinolates and isothiocyanates from plant tissue comprising homogenizing said plant tissue in an excess of a mixture of dimethyl sulfoxide, acetonitrile and dimethylformamide at a temperature sufficient to inactivate myrosinase enzyme activity.

49. (Previously Presented) The method of claim 48, wherein the ratio of dimethyl sulfoxide:acetonitrile:dimethylformamide is 1:1:1.

50. (Previously Presented) The method of claim 48, wherein said temperature is between 0°C and the freezing temperature of the extraction mixture.

51. (Previously Presented) The method of claim 48, wherein said temperature is between -50°C and the freezing temperature of the extraction mixture.

52. (Previously Presented) The method of claim 48, wherein said plant tissue is rich in glucosinolates.

53. (Previously Presented) The method of claim 52, wherein said plant tissue is selected from the group consisting of cruciferous sprouts measured after 3 days of growth, cruciferous seeds, plants or plant parts.

54. (Previously Presented) The method of claim 53, wherein said sprouts, seeds, plants or plant parts have at least 200,000 units per gram fresh weight of Phase 2 enzyme-inducing potential.

55. (Previously Presented) The method of claim 53, wherein said sprouts, seeds, plants or plant parts have at least 300,000 units per gram fresh weight of Phase 2 enzyme-inducing potential.

56. (Previously Presented) The method of claim 53, wherein said sprouts, seeds, plants or plant parts have at least 400,000 units per gram fresh weight of Phase 2 enzyme-inducing potential.

57. (Previously Presented) The method of claim 53, wherein said sprouts, seeds, plants or plant parts have at least 500,000 units per gram fresh weight of Phase 2 enzyme-inducing potential.

58. (Currently Amended) A method of making a food product comprising extracting glucosinolates and isothiocyanates from plant tissue having a high concentration of glucosinolates and isothiocyanates, recovering said glucosinolates and isothiocyanates and adding said glucosinolates and isothiocyanates to food;

wherein said extracting comprises contacting said plant tissue with a non-toxic solvent at a temperature sufficient to inactivate myrosinase enzyme activity.

59. (Previously Presented) The method according to claim 58, wherein said solvent is water.

60. (Previously Presented) The method of claim 59, wherein said water is 100°C.

61. (Previously Presented) The method according to claim 58, wherein said solvent is liquid carbon dioxide.

62. (Previously Presented) The method according to claim 58, wherein said solvent is ethanol.

63. (Previously Presented) The method of claim 58, wherein said plant tissue is selected from the group consisting of cruciferous sprouts measured after 3 days of growth, cruciferous seeds, plants and plant parts.

64. (Previously Presented) The method of claim 63, wherein said sprouts, seeds, plants or plant parts have at least 200,000 units per gram fresh weight of Phase 2 enzyme-inducing potential.

65. (Previously Presented) The method of claim 63, wherein said sprouts, seeds, plants or plant parts have at least 300,000 units per gram fresh weight of Phase 2 enzyme-inducing potential.

66. (Previously Presented) The method of claim 63, wherein said sprouts, seeds, plants or plant parts have at least 400,000 units per gram fresh weight of Phase 2 enzyme-inducing potential.

67. (Previously Presented) The method of claim 63, wherein said sprouts, seeds, plants or plant parts have at least 500,000 units per gram fresh weight of Phase 2 enzyme-inducing potential.

68. (Previously Presented) The method of claim 58 wherein said food product is selected from the group consisting of a bread, a drink, a soup, a salad, a sandwich and a cereal.

69. (Previously Presented) The method of claim 68 wherein said drink is a tea.

70. (Previously Presented) The method of claim 58 wherein said extracting further comprises homogenizing said plant tissue with said non-toxic solvent.

71. (Previously Presented) The method of claim 63 wherein said sprouts, seeds, plants or plant parts have at least 250,000 units per gram fresh weight of Phase 2 enzyme-inducing potential.